## Fore! Oranges, Lemons and Grapefruit

By VIRGINIA CARTER LEE

URING the latter part of April nearly all citrus fruits are at their cheapest and best. Although oranges at 60 cents a dozen and grapefruit at two for a quarter cannot be classed among the most economical edibles, still, if they are used with discretion and the smaller and cheaper fruit used for culinary purposes, they are not extravagant.

In purchasing both oranges and grapefruit, the weight of the fruit should re-ceive more consideration than the size. In many instances the size depends large-ly on a thick skin; but if the weight is out of proportion to the size, you can generally count on the fruit being meaty and

In using both lemon and orange peel in any of the recipes, the yellow portion only should be employed, and a fine grater will produce better results than a coarse one. The least bit of the white layer means a bitter flavor. In preparing the orange marmalade sauce for the borner widding made cherry pudding (a cottage pudding made with chopped Maraschino cherries) use one glassful of sweet orange marmalade and just previous to serving beat in the stiffly whipped whites of two eggs. (Use

the yolks in making the pudding.)

The orange crullers can be made from any cruller recipe. Grate in a little peel, add a tablespoonful of orange juice and before all the flour is added stir in chopped candied orange peel to suit the individual taste. These crullers are particularly delicious.

The porcupine pudding is made from a loaf of cake not more than four or five inches thick. Split when cold and spread with a layer of lemon honey; then stick with split blanched almonds and baste with half a cupful of lemon syrup. Chill

on the ice and serve with a cold, boiled

custard, flavored with almond. Nearly all beverages made with a combination of citrus fruits are particularly refreshing. A little cold tea, chopped canned or fresh fruits, fresh mint, carbonated water, ginger ale or grape juice will all lend variation; so that a different kind of "fizz," "cup" or ade" is possible for nearly every day in

"ade" is possible for nearly every day in the week.

Marmalades from these same fruits are delicious with buttered toast or hot biscuits. Try them with good, hot coffee for breakfast and see how the "man of the house" will reach for the marmalade jar and order another relay of toast.

Supplies for the week will include at the butcher's one pound of stewing yeal at 30 cents, one pound of lean mutton at

at 30 cents, one pound of lean mutton at 25 cents, a thin slice of cooked ham for 20 cents, one-quarter pound of bacon at 40 cents a pound, half a 15-cent box of smoked beef, one-quarter of a pound of salt pork at 40 cents a pound, one pound of stewing beef at 35 cents and a two-pound short steak at 50 cents a round.

two-pound short steak at 50 cents a pound.

At the fish market, one 35-cent can of lobster, one pound of scallops at 70 cents a pound and a two-pound whitefish at 26 cents a pound.

Dairy products will come to \$3.86 (butter and oleo \$1.24, milk and cream \$1.29 and eggs \$1.33), and citrus fruits will include half a dozen oranges at 60 cents a clude half a dozen oranges at 60 cents a dozen and a dozen and a half at 50 cents a dozen, seven grapefruit at two for a quarter and ten lemons at 30 cents a dozen. These fruits do not include those used in the making of marmalades.

Butcher's bill	\$2.38
Fish bill	1.57
Dairy products	3.86
Fruits (citrus and other varieties).	2.50
Vegetables	2.12
Groceries	3.57
Total	21200



## The Virtues of Succulent Acid Fruits

Why eat oranges and lemons and grapefruit, when they are 85 per cent water? Because concentrated nourishment is unwholesome and cannot be utilized by the body; because the acids and minerals promote certain body functions and are necessary to balance the diet; the acids, furthermore, have alkaline bases and when broken down in the body promote the alkalinity of the blood, which must be maintained to ensure health. These flavors also stimulate the appetite and promote the flow of the gastric juices.

Oranges have the special merit that their flavor and the sugars present enable the Oranges have the special ment that their havor and the sugars present enable the baby and the invalid to tolerate them in larger quantities than in the case of lemons and grapefruit. If you are ill they will help you to get well; if you are well they will help to keep you so—and their eating is a pleasure. Be sure that every member of the family, from baby to grandmother, gets his or her share of the citrus fruits.

A. L. P.



## TESTED RECIPES

Lemon Cracker Pie

Mix together four tablespoonsful of rolled cracker crumbs, one cupful of hot rolled cracker crumbs, one cupful of hot milk, one cupful of sugar, two table-spoonsful of melted oleo, half a teaspoonful of salt, the juice and grated rind of one lemon and one lightly beaten egg. Turn into a pie plate lined with pie crust, dust over with grated nutmeg and bake until selve If desired, the top can be covered with a meringue made from the stiffly whipped white of one egg and one tablespoonful of powdered sugar.

Orange Bread Pudding

Beat three eggs lightly and add half a cupful of sugar cooked to a caramel a cupful of sugar cooked to a caramel and dissolved in half a cupful of hot water. Also add half a cupful of additional sugar, three cupsful of milk, two cupsful of sifted dry bread crumbs, half a teaspoonful each of ground ciunamon and salt, juice of two oranges and the grated yellow rind of one, and one cupful of dried currants, Butter an ornamental mould, dredge with sugar and turn in the pudding mixture. Set in a pan of hot water and cook as for custard. Serve with a foamy sauce flavored tard. Serve with a foamy sauce flavored with orange.

Orange Macaroon Bisque

This is very simply made. Heat one cupful of thin cream with a few grains of salt and add the yolk of one egg beaten with three tablespoonsful of sugar. Remove from the fire as soon as the cream has thickened slightly and add, while hot, one tablespoonful of finely grated orange rind. Allow it to cool and fold in one cupful of double cream whipped solid, three-quarters of a cupful of crushed macaroon crumbs, the juice from two oranges and the juice of half a lemon. Freeze slowly as for

ordinary ice cream. This cream is par-ticularly delicious, served in individual portions with a crushed and sweetened strawberry sauce.

Grapefruit Sherbet

Boil one pint of water and a cupful and a half of sugar for ten minutes; then stir in half a teaspoonful of gelatine softened in a teaspoonful of cold tine softened in a teaspoonful of cold water and when dissolved strain the syrup. Cool, add the juice and pulp from two grapefruit and helf a cupful of Maraschine cordial. Turn into a chilled freezer and when the mixture begins to congeal, blend in the stiffly whipped white of one egg and two tablespoonsful of the chopped cherries. Continue freezing until firm and smooth,

Grapefruit and Orangeade

Slice into a large bowl one grapefruit and two oranges. Add one cupful of and two oranges. Add one cupful of sugar and place it on the ice for two or three hours. The seeds, if not removed before, will float to the top and can be casily taken out. When ready to serve, crush the fruit and sugar with a potato masher (this brings out the flavor from the rind of the fruit), and add one pint of iced ginger ale, one pint of cracked ice, one pint of chilled water and a bouquet of fresh mint. Serve from a tall glass pitcher.

Lemon Honey

This is used in the porcupine pudding; it can also be used as a filling for layer cake or small tarts and for sandwiches. Cook together without stirring one cupful of sugar, one-quarter of a cupful of lemon juice until the syrup will thread when dropped from the tip of a spoon. Add half a cupful of yellow lemon rind finely chopped, half a teaspoonful of vanilla extract, and again bring to the boiling point. Remove from the fire and cool. the fire and cool.

Monday BREAKFAST Orange and Grapefruit Cocktails Scrambled Eggs with Tomatoes Watercress Rice Gems Coffee LUNCHEON

Lettuce Sandwiches Orange Mint Cup Hot Gingerbread Baked Apples DINNER Vegetable Soup Mutton Cutlets Green Peas Mashed Potatoes

Tuesday BREAKFAST Stewed Prunes with Lemon Dry Cereal French Toast Orange Marmalade

Coffee LUNCHEON Rye Bread Radishes Orange Bread Pudding

DINNER Bouillon in Cups Veal Pot Pie Spinach Wednesday BREAKFAST

Preserved Apples with Orange Bacon Rolls Fried Hominy Coffee LUNCHEON

Cream of Corn Soup Brown Bread ad Cheese Straws

Clear Tomato Soup with Rice Broiled White Fish Lemon Butter Creamed Potatoes Buttered Beets Orange Taploca

Thursday BREAKFAST

Cooked Cereal with Dates Browned Fish Hash Radishes Buttered Toast Grapefrult Marmalade Coffee

LUNCHEON Vegetable Salad Finger Rolls Orange Crullers Tea Lemonade DINNER

Potato Chowder Cheese Fondu
Hashed Brown Potatoes
Spring Satad
Cherry Pudding with Orange Marmalade Sauce

By FLORENCE TAFT EATON

\_ Tested and Endorsed in The Tribune Institute \_

Friday

BREAKFAST Rhubarb and Grape Fruit Compôte Creamed Eggs in Potato Cases Bran Muffins Watercress Coffee

LUNCHEON Stuffed Vegetable Peppers Brown Bread Sandwiches Lemon Washington Pie

DINNER Celery and Cheese Canapés Fried Scallops with Lemon and Tartare Sauce Parsley Potato Balls Stewed Tomatoes Sliced Oranges and Bananas

Saturday BREAKFAST

Baked Apples with Candied Lemon Peel Creamed Smoked Beef Corn Bread

LUNCHEON Baked Lima Beans with Pork and Pimentos Steamed Graham Bread Grapefruit and Grape Juice Jelly DINNER

Shepherd's Pie Carrots and Green Peas
Romaine and Egg Salad
Porcupine Pudding with Lemon Syrup BREAKFAST

Strained Orange Juice Dry Cereal Waffles Syrup Coffee LUNCHEON OR SUPPER

Lobster au Gratin in Shells Bread and Butter Sandwiches Celery Orange and Grapefruitade Nut Cookies

DINNER

Barley Broth Broiled Steak with Mushroom Gravy Escalloped Potatoes String Beans Orange Macaroon Bisque

## Homemade Summer Hors d'Oeuvres to Replace Soups

the menu helps the housekeeper to ice.

Bitter Orange Marmalade

turned extendes tours black

purple frappé imaginable. We par- grating of the skin, from one-half to they may often be both impressive formed a little mound at one side, tempting, Orientally hued course, seasoned tomato sauce to which a

adding a few tablespoons of water to S WARM weather approaches through a strainer, add one or two the appetite begins to flag, tablespoons of lemon juice, overand any little variation in sweeten a bit and serve on cracked

keep up the table morale. The un- Blackberry parfait is sometimes expected is always welcome and liked for this fruity first course. stimulates both interest and appe- Stew one quart of blackberries with tite. I sat down at an informal two cloves, one small stick of cinnauncheen one hot July day, and at mon and two or three tablespoons of THE PROBLEM of the cookeach place was the most tempting, water for five minutes, or until juice coolest and attractive as to color- flows freely; rub thoroughly through

court of the new meaning of the larger process to perform the process of the court superfered on the second of the sum of the super to distribute the property of the second of the sec

the any desired number of small sugar said cook for tou ningtes, then When the speak is placed in the desevery four oranges used. Out the the peel is clear and the syrup almost automatic device entered that ex-

anther marmalade and save the seeds. granulated sugar and set on paraf-let these soak in cold water to fine paper to dry Lemon pud may cover evernight and then let cook for be prepared in the same manner.

the west in many renders the its stand outsting the flame, the merenfact

in the water of achieve white railed there is the provided a feeting can been right. Its local me byrap from the selicity from its land, and the formula to the formula to

a sense part of water to a pound of area alcohol on this cancellate app.

took, exclaimed, enjoyed and quest three-fourths cup of sugar, accord- and cheap.

licious loganberry juice, as bought, on a pewter platter, stimulate both whites of which had been cut like an nated in spiced and slightly sweet- butter being required) until a rich juice, cayenne, finely chopped chives flavored and served in this way, are equily tempting. Boil the berries.

Strive appetite and conversation. Strive extended "w" and then pulled apart, ened vinegar. A garnish of a few golden color; chill and spread.

Strive extended "w" and then pulled apart, ened vinegar. A garnish of a few golden color; chill and spread.

tioned: "Just huckleberry syrup, ing to sweetness of berries, and boil On a large, satiny polished pewter wiches, paper-thin slices of pink chilled.

rich and sweet, with a dash of lemon two minutes; then add one tea- platter recently offered as first smoked salmon, very small, bright Canapes may in summer satis- adding a combination of many surrounded nasturtium leaves and blossoms, Sardine canapés are perennially French dressing to moisten, makes

followed by delicate finger sand- The whole must be thoroughly little Worcestershire has been added.

inice, made ice cold and served in spoon of cornstarch wet in a very course at a lunch I beheld the following delectable articles of food: A with tiny minced vegetables with a place of the soup. In concocting baseo, horseradish, a bit of mustard cracked ice." Try it, ye fortunate slightly thickened; boil two minutes mound of potato salad in the centre, dash of mayonnaise on each, cheese these delicious morsels, leftovers may and ketchup, and enough of the sarmore, chill, and serve with cracked garnished with a mayonnaise, over balls rolled in finely minced red and play a large or entire part. I prefer dine oil to moisten. which was grated a bit of bright red green sweet pepper, and walnut sized to butter the slices, fry quickly and A very little leftover salmon or Blackberry, dewberry or raspberry syrup, home prepared, and the desyrup, home prepared, and the desyrup, home prepared, and the desyrup home prepared h

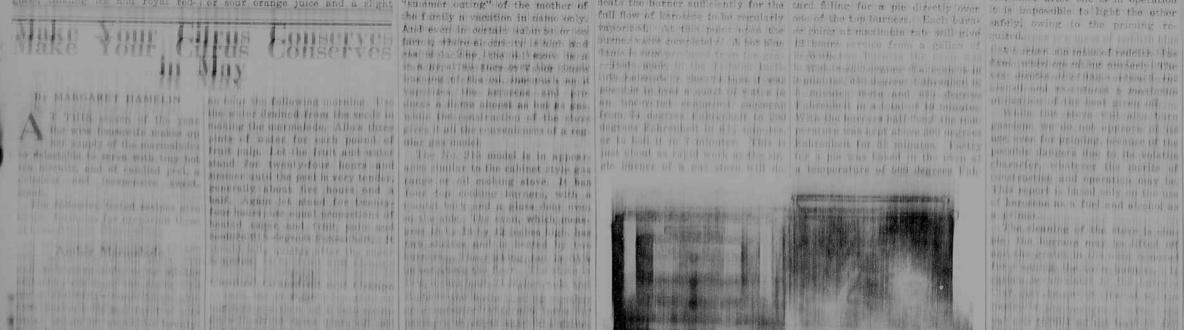
of sane combinations. Any odds and the potate. Silvery sardines—just a carefully selected as to color, com- enjoyed. Try mixing the minced unrivalled canapés. Even a spoonmake the juice flow freely, press ends on hand may be utilized, so that few—with a squeeze of lemon, pleted the festive appearance of this sardines with a little thick, highly ful of the fish goes a long way. If

A Safe and Sane Stove for the Summer Home

"summer outing" of the mother of heats the burner sufficiently for the card filling for a pie directly over it is impossible to high the other

in French dressing. Indeed, ripe to- dressing. Caviar and anchovy paste matoes furnish an almost unequalled are savory additions to canapes, addition to many canapés, such as and a tube of each will last a long cheese balls, a "dab" of tartar sauce, time as a flavor. a thinly sliced hard boiled egg (use For Spanish hors d'œuvres, prethe fascinating and effective wire pare rounds of toast, scread each "slicers") brushed with mayonnaise, with finely minced, slightly sweet,

stove for the summer bunga- on half way and a lighted taper ap- full," but it may be readily regu- and a golden brown in color. It is or green and red sweet peppers cucumber pickles, and set on each low, especially when many are plied to the alcohol. The alcohol will lated and a low heat maintained, as advisable always to light both burn- finely minced and mixed with tiny half of a hard boiled egg topped scheme arrangement of shiring a sieve, and one tablespoon of lemon to be served, sometimes makes the burn for eight to ten minutes, which shown by successfully cooking a customer of shiring a sieve, and one tablespoon of lemon to be served, sometimes makes the burn for eight to ten minutes, which shown by successfully cooking a customer of shiring a sieve, and one tablespoon of lemon to be served, sometimes makes the muto canape is made by spreading olive. These are particularly appethe toast with leftover Welsh rarebit, tizing.



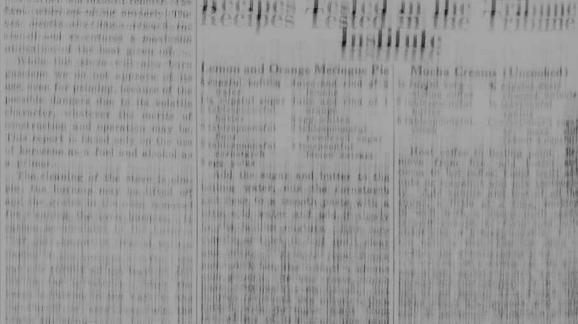
to the a on an and the special priming derice to action shown in detail.

use, even for princing, because of the possible dangers due to its volatile character, whatever the morite of This report is thread only on the and a interponderal of keymens as a fact and alcohol as a constant h old the legency may be diffed off

The first parties of the second of the secon



very scant, spread thinly and place and laying on it thin slices of the toon top a thin slice of tomato, dipped mato brushed with a bit of French



Sold Wherever